

Creamy Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 38 ounce chickpeas rinsed drained canned garbanzo beans
- ☐ 6 garlic cloves peeled
- ☐ 1 teaspoon ground cumin
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tahini sesame-seed paste

☐ 0.8 cup water

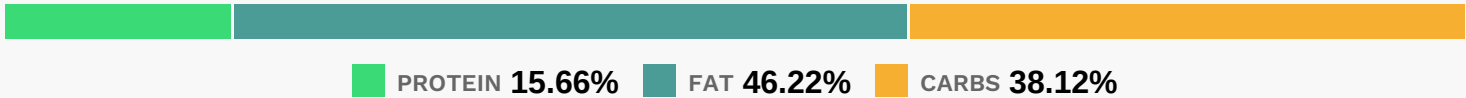
Equipment

☐ food processor

Directions

- ☐ Place first 3 ingredients in a food processor; process until smooth.
- ☐ Add juice and remaining ingredients; process until smooth, scraping sides occasionally.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:1.5595652422179%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.71kcal (1.44%), Fat: 1.55g (2.39%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 65.88mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.14mg (7.23%), Vitamin B6: 0.09mg (4.34%), Fiber: 0.84g (3.38%), Phosphorus: 28.99mg (2.9%), Copper: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.42%), Iron: 0.32mg (1.77%), Magnesium: 6.64mg (1.66%), Folate: 6.34µg (1.58%), Selenium: 1.02µg (1.46%), Zinc: 0.21mg (1.39%), Potassium: 36.09mg (1.03%)